

# THE UK'S COUNTY TOPS

Reaching the top of 91 historic counties

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Author: **Jonny Muir**

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No hill list is quite like this one. No other is as diverse or, quite frankly, as wonderfully ridiculous. The qualification for inclusion in this book is being the highest natural ground in each county of the UK. Including both the 80m Boring Field in Huntingdonshire and 1344m Ben Nevis in Invernesshire, is there any other collection of hills that can boast two such happy bedfellows?

Between these two extremes, the book includes walking in ten national parks and numerous areas of outstanding natural beauty including the Cairngorms, Dartmoor, the Lake District and Northumberland.

The 82 walks in this guide, visiting all 91 of the UK's historic county tops, are designed to suit all abilities. Featuring 30-minute strolls over easy ground and full-day expeditions across high terrain and with difficulty gradings throughout, there is a top for everyone to enjoy. Distances and estimated times are also given for each route.

Every UK county top has its own story and for every Helvellyn and Scafell Pike there is a back garden in south-east London to bring you back down to earth. Truly going from the sublime to the ridiculous, this guide shows that no matter where you are in the UK, there is a county top just waiting to be explored and conquered.

## Key marketing points

- Routes throughout the UK
- Appeals to both the active summit collector and armchair reader
- Author was the first person to visit all 91 tops in one trip without motorised transport, featured in 'Heights of Madness'.

## About the author

Jonny Muir first visited the UK's 91 historic county tops in a continuous 5000-mile cycling and walking adventure over a three-month period in 2006. A journalist for six years at newspapers in Cheltenham, Peterborough and Inverness, he now works as an English teacher in London.

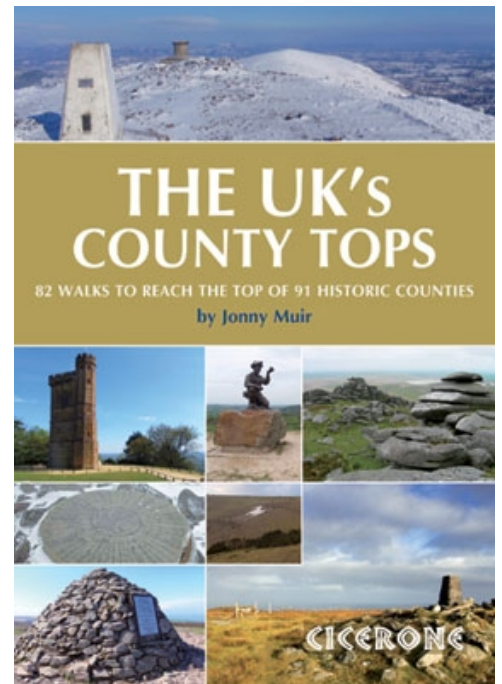
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